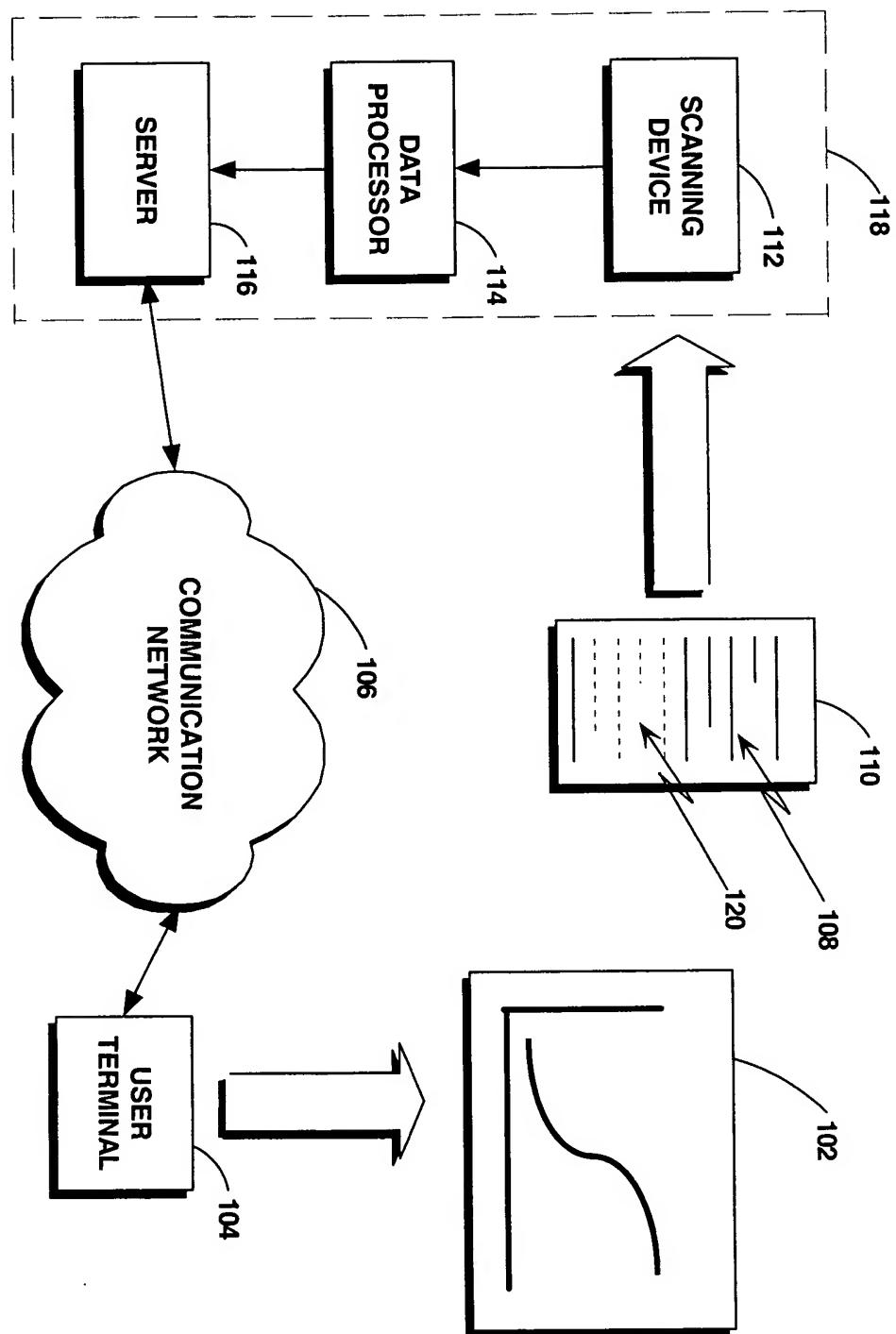


**FIG. 1**

+

2/9

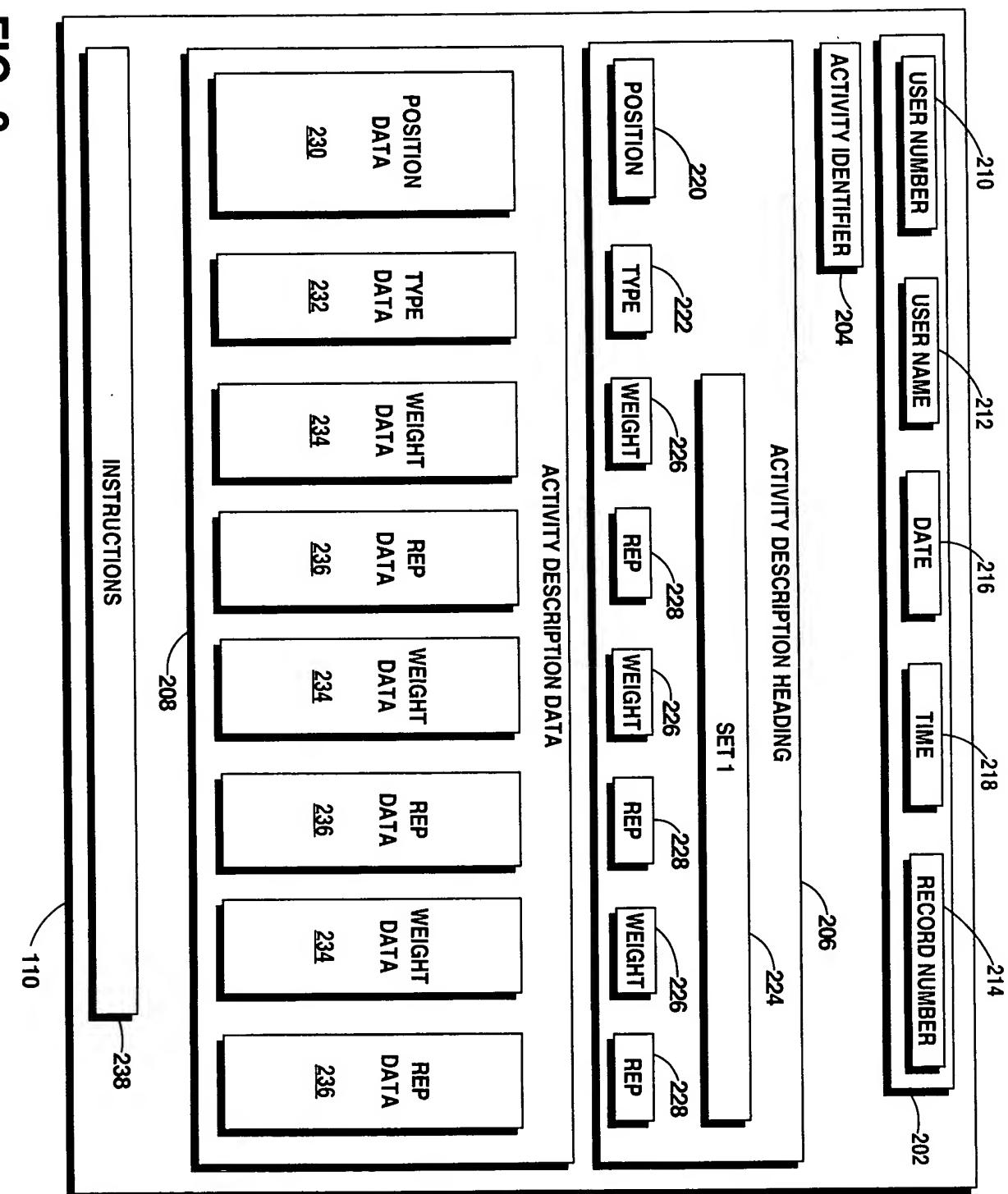


FIG. 2

+

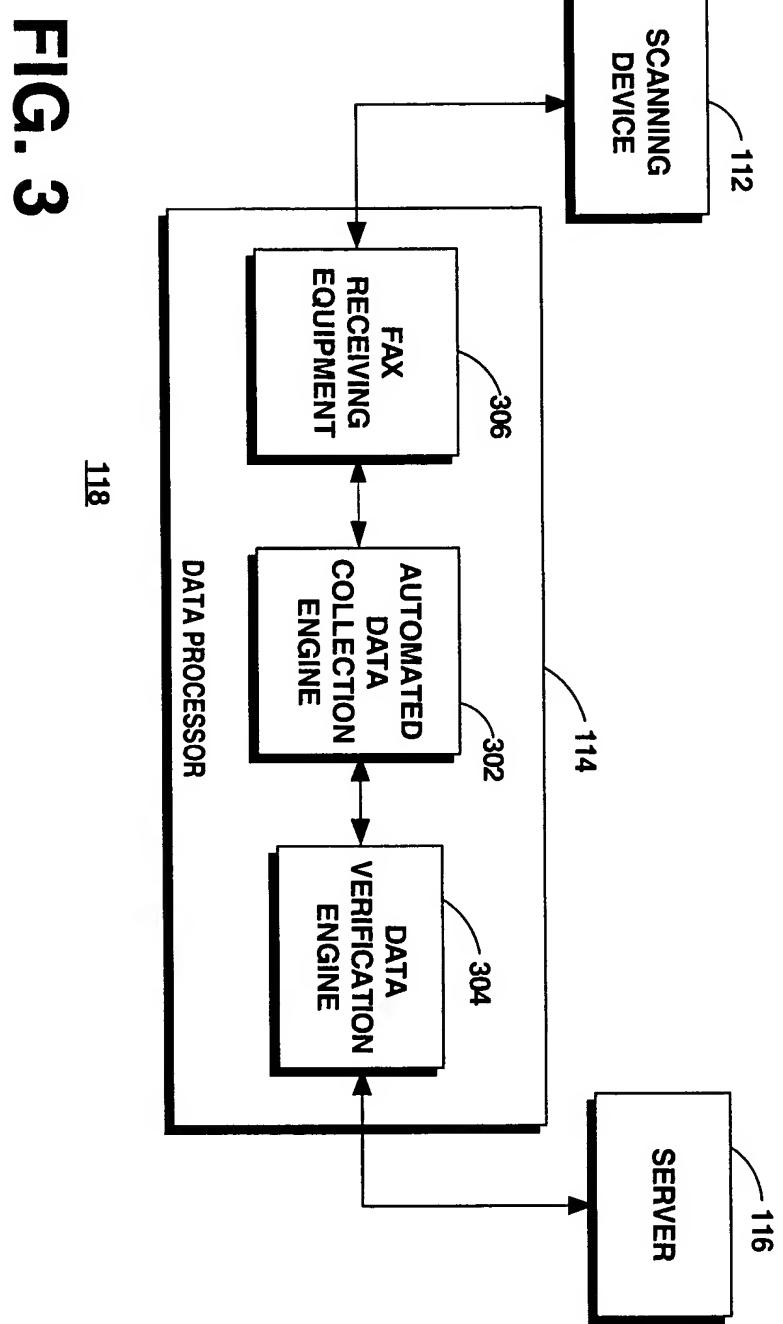


FIG. 3

CHEST WORKOUT										OperationF.com												
Member Number:	Last Name			First Name			406			402			404									
210	S M E T H			212																		
204	BENCH PRESSES										222	226	224	226	224	226	224	226	224	226	224	226
220	flat deck	incl bar	dumb	mach	SET 1	228	SET 2	228	SET 3	228	SET 4	228	SET 5	228	SET 6	228						
208	o	o	o	o	35	10	10	8	45	8	50	7	40	7	35	9						
232	o	o	o	o	150	15	185	12	200	8	225	4	185	8	150	10						
230	o	o	o	o	12347	236	2343	236	2347	236	234	236	234	236	234	236						
204	o	o	o	o	180	10	180	10	180	10	180	10	180	10	180	10						
220	OTHER EXERCISES										222	226	224	226	224	226	224	226	224	226	224	226
232	FLIES	POSITION	TYPE	flat deck	incl bar	dumb	mach	SET 1	228	SET 2	228	SET 3	228	SET 4	228	SET 5	228	SET 6	228			
230	o	o	o	o	o	o	o	40	9	50	10	60	5									
204	cable crossover	o	o	o	o	o	o	35	7	40	8	75	7									
204	push ups	o	o	o	o	o	o	234	236	234	236	234	236	234	236	234	236					
204	dips																					
238																						
Once completed, please fax this form to: 800.XXX.XXXX and view your progress at <a href="http://www.operationf.com">www.operationf.com</a> tomorrow at this time.																						

FIG. 4

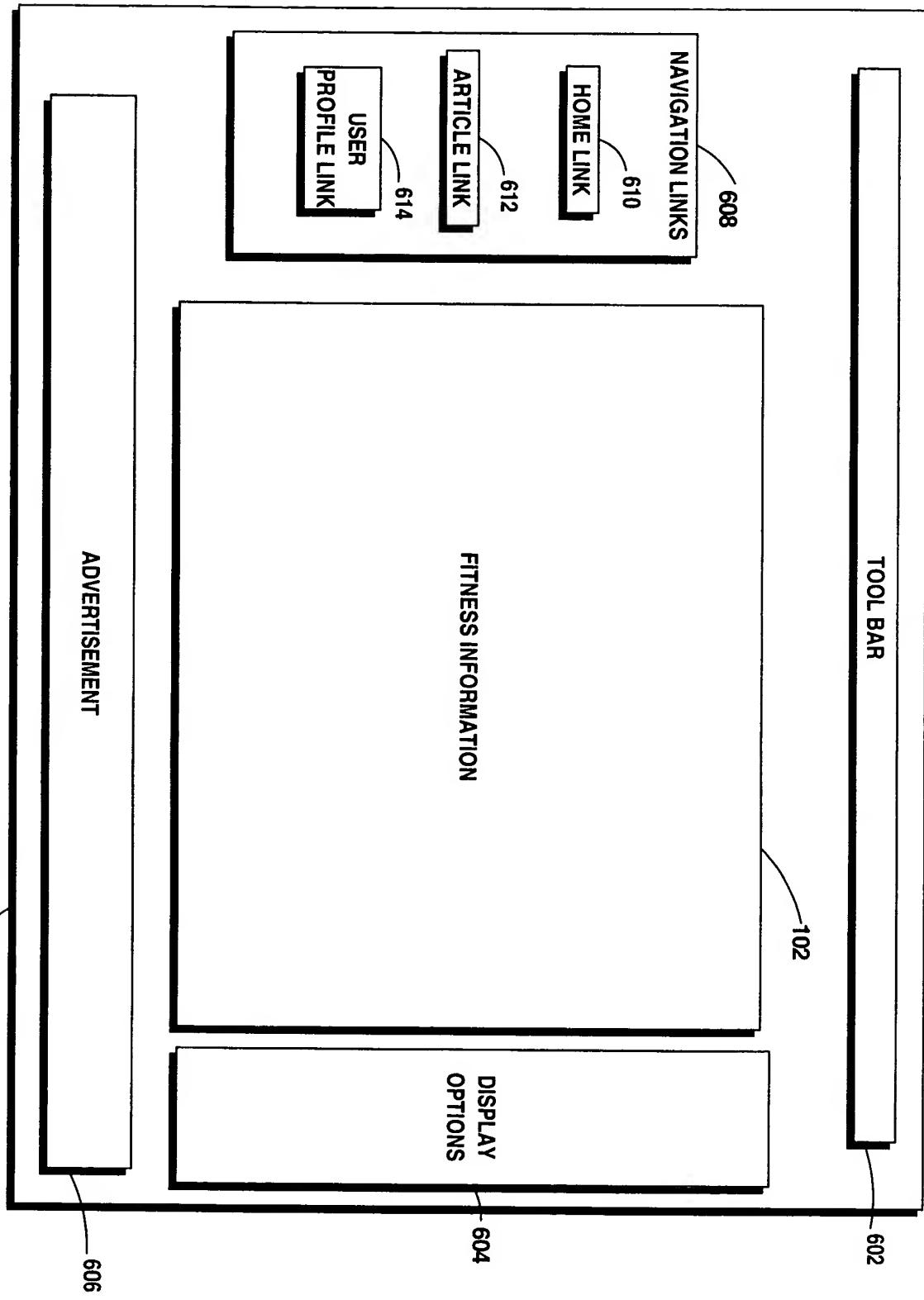
5/9

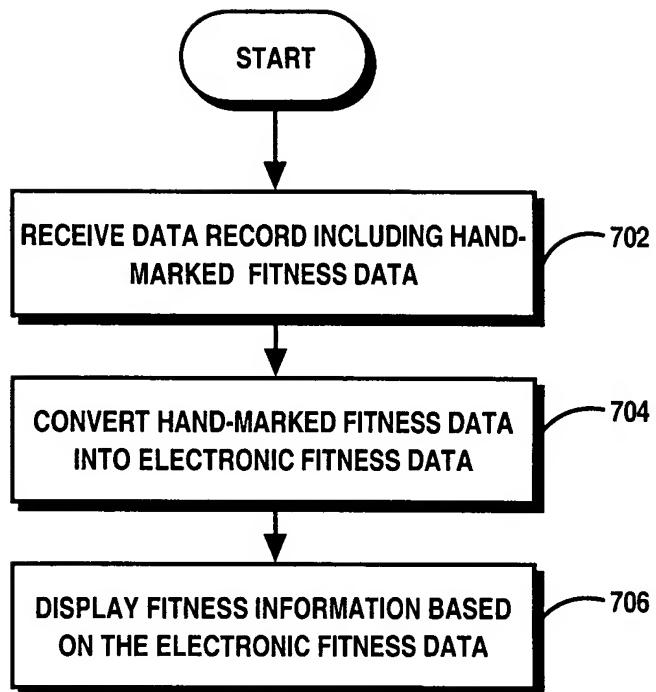
**TODAY's OperationF.com WORKOUT**

000248	JOHNSON	05	08	03	10	24	● am	404
204	LAST	DATE	TIME	218				
232	STANDING	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	Draft
Bar Curls	Bicep Curls	226	224 226	224 226	224 226	224 226	224 226	224
234	230	228	228	228	228	228	228	228
208	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS
238	234	236	234	236	234	236	234	236

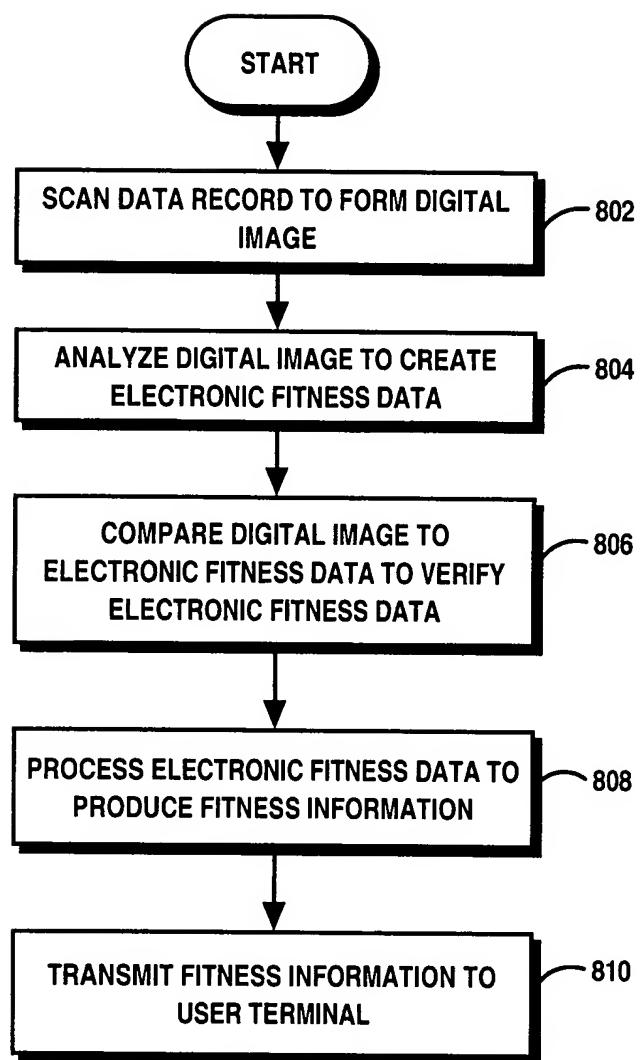
Once completed, please fax this form to: 800.XXX.XXXX and view your progress at [www.operationf.com](http://www.operationf.com) tomorrow at this time.

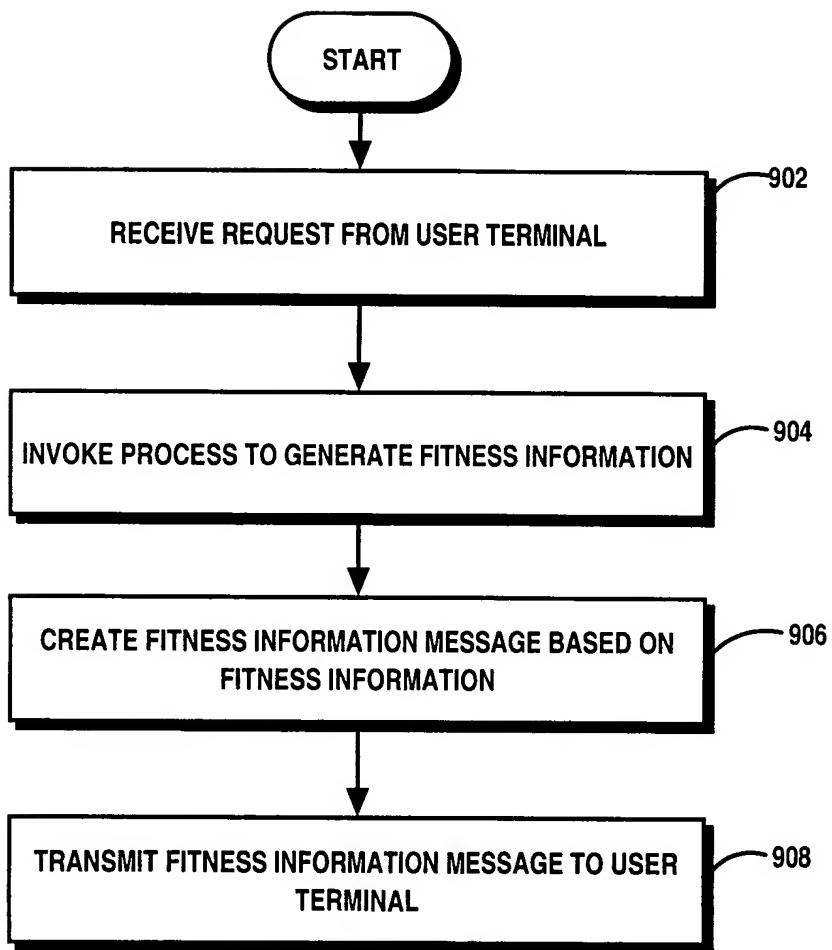
**FIG. 5**

**FIG. 6**



**FIG. 7**

**FIG. 8**



**FIG. 9**